



Pause for Prayer

This week Pause for Prayer is taken from a new book published by The Good Book Company called '5 Things to Pray in a Global Crisis'

We are living in literally extraordinary times—times that will permanently shape us, our families and our nations.

The COVID-19 pandemic has shown us that, even in the 21st-century Western world, life is fragile, wealth is fleeting and plans are easily disrupted. In other words, we are living in the same world that James wrote about in his letter to our first-century spiritual ancestors (read James 4 v 14; 1 v 10; 4 v 13, 15).

And what does James urge God's people to do when crises come? "**Is anyone among you in trouble? Let them pray**" (5 v 13). Why? Because—and here is a verse to cling to in times of trouble: "**The prayer of a righteous person is powerful and effective.**" (James 5 V16)

Robin



Pause for Prayer

Psalm 139 Praying for Comfort When I am Lonely

Read Psalm 139 and pray through the Psalm over the next five days. Father, when I am lonely,

help me to remember...

DAY 1 You know me

“You have searched me, LORD, and you know me. You know when I sit and when I rise” (v 1-2).

Loneliness is so hard to endure. But praise God that, even when we feel at our most alone and unknown, he sees us and understands us perfectly. It may be that no one else can share in what we’re doing or see how we’re feeling, but God is “familiar with all [our] ways” (v 3). So talk to him now—out loud if that helps—about whatever is on your heart.

DAY 2 Your spirit is with me

“Where can I go from your Spirit? Where can I flee from your presence?” (v 7).

God isn’t just “out there” looking down on us—he dwells within us by his Spirit. Thank him for this truth, and ask him to graciously give you an increasing awareness of his Spirit’s presence. Pray that in this season of isolation you’ll walk closely with him day by day.



Prayer Points

DAY 3 Your hope

“Even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you” (v 12). Loneliness can make us feel very low. Ask God to help you to hold on to the gospel hope—that Jesus, the light of the world, has come and is coming again soon.

DAY 4 Your sovereignty

“All the days ordained for me were written in your book before one of them came to be” (v 16).

One of the hardest things is not knowing how long this is going to last, or when we'll be able to see our loved ones again. But praise God: he does know! These are not wasted days but ones ordained by him for our good. Pray for a growing sense of awe at his sovereignty.

DAY 5 Your call to love others

“See if there is any offensive way in me, and lead me in the way everlasting” (v 24).

In a situation like this it is so easy to become inward-looking or to give in to self-pity. Humbly ask God to show you whether there are any ways in which you might be responding to your circumstances sinfully. Pray that in each day of isolation you will still be looking to love and serve others—perhaps by praying for them or by calling to encourage them. Start by praying for the needs of some people you know